

# **\*\*Newsflash\*\***



The Prevention and Education Team have a brand new service available for young people in the East Riding.

Covid19 got you worried?

Thoughts of returning to school making you feel nervous?

Not seeing your friends getting you down?

Finding it hard to feel confident?

Or just feeling a bit fed up?

Age 11 -17, live in the East Riding or attend an East Riding School?

Then why not join our brand new  
**online group drop-in sessions!!**

Tuesday's - 4pm – 5pm - Age 11-14

Thursday's 4pm – 5pm - Age 15 -17

The sessions will cover various different topics including:  
Dealing with stress & anxiety/ covid-19 / self-image / friendships / parental conflict / maintaining a healthy lifestyle

To join us for chats, quizzes, useful hints & tips then register today by emailing [yfs@eastriding.gov.uk](mailto:yfs@eastriding.gov.uk)



**EAST RIDING**  
OF YORKSHIRE COUNCIL